

Description

The Values Diet may well be the only “philosophical” diet book ever written, and it is the best book available for parents to help their children *value* their health. Paradoxically, it is also the most no-nonsense, practical and fitness-promoting approach to optimal health you will ever read. If you, your child, or loved one is fighting fat... this is the book for you!

You will never think about “fat, America, dieting, morality, children, consumerism, schools and parenting” in the same way after reading this remarkable book. It is a major contribution to the National Dialogue on Fitness and Fat.

Join Brad Humphrey and his son Clayton, who had ballooned to 243 pounds (on a five foot ten frame), on their fat-fighting journey. A “bad back,” “bad knees,” “bad feet,” “bad attitude,” a little depression, and good deal of denial were all obstacles in their path. So how did it all begin? More importantly, how did father and son turn it all around? Within two years, Clayton graduated salutatorian with a 3.98 average, weighed 188 pounds, and was MVP in football *and* soccer . . . in both his junior and senior years!

Come read the remarkable tale & feel the effects of going on
“The Values Diet!”